

## **Waxa aad samaynayo hadii aad isku dhawaataan qof laga heley COVID-19**

Macluumaadkan waxaa loogu talo galay dadka u dhawaada qof qaba COVID-19. U dhawaanshuu waxa uu ka dhigan yahay inaad uga dhawaato lix fuudh wax ka yar muddo dheer taas oo uu qofku qabo caabuqa, taas oo markaa ka bilaabantay laba maalmood kahor inta aan lagu arag calaamadaha oo ay sii socoto ilaa uu ka ladnaado. U dhawaanushuuu kama dhigna inaad u jirsato qofka lix fuudh intaad guriga wada joogtaan mudo dheer, inaad is garab martaan, ama inaad wakhti yar qol iskugu timaadaan . Hadii aad tahay shaqaalaha caafimaadka, waxa aad eegtaa tilmaahaha "[COVID-19: Waxa aad samaynayo haddii aad tahay shaqaale daryeel caafimaad](#)".

Tusaalayaasha isku dhawaanshaha	Tusaalayaasha AAN ahayn isku dhawaanshaha
Waxa aad wada deggan tiiin isku guri	Waxa aad u tahay khasnaji tukaankooda
Waxa idinka dhaxeeya xidhiidh lamaane	Waxa aad tahay farmasi qofka siinaya dawooyin
Waxa aad wada raacdeen gaadhi isaga oo qofku caabuqa qabo	Waxa aad hor taagan tahay qofka kuyuuga tukaanka
Waxbaad wada cunteed qofka qaba caabuqa	Shaqaaale aad wada shaqaysaan oo markaa mudo yar inta uu kulasoo istaagay su'aal ku waydiiyay

### Guriga joog oo la soco xaaladaada 14 maalmood:

- Maalinta 0 waxaa weeye maalintii kuugu danbaysay ee aad qofka isku soo dhawaateen.
- Waxa aad la socotaa xumadda, qufaca, iyo neefta oo ku dhibta, xataa hadii ay calaamaduhu fudud yihiin.
- Ha ka bixin guriga, marka aad daryeel caafimaad doonanayso moojee.
- Soo hadal marka hore kahor inta aanad booqan bixiyaha daryeelka caafimaad ama waaxda gurmadka degdeggaa ah.
- Hadii ay macquul tahay, joog qol gaar ah oo gurigaaga ah oo waxa aad isticmaashaa suuli gaar ah.
- Waxa aad ugu yaraan u jirsataa lix fuudh dadka kale ee gurigaaga jooga mar kasta. Cidna hala wadaagin alaabta guriga.
- Waxa aad ku xidhnaataa dadka kale - isticmaal teknoolojiyada si aad ula xidhiidho saaxiibada iyo qoyska..

### Maydhida iyo nadaafada maalin kasta:

- Waxa aad nadiifisaa oo aad jeermiska ka dishaa meelaha dadku taataabtaan gurigaaga. Hadii aad joogto qof gaar ah oo gurigaaga ah oo aad isticmaalayso suuli gaar ah, waa in aad adigu nadiifisaa. Dadka kale ha nadiifiyaan meelaha kale ee guriga.
- Waxa aad u maydhaa si wanaagsan alaabta qoyska, sida agabka, marka aad isticmaasho kadib.
- Waxa aad badanaa ku maydhaa gacmahaaga saabuun iyo biyo ugu yaraan 20 ilbidhiqsi. Waxa aad isticmaashaa gacmo nadiifiyaha alkohoosha leh hadii aanad hayasan saabuun iyo biyo.

Hadii aad yeelato qufac, xumad, ama neefta oo ku dhibta:

- Kula xidhiidh taleefanka bixiyahaaga daryeelka caafimaad si aad u ogaato hadii ay tahay in lagu qiimeeyo. U sheeg in aad ku jirto takoor oo aad guriga ugu dhax xidhan tahay novel coronavirus maadaama oo aad isku dhawaateen qof laga helay COVID-19.
- Ha tagin isbitaalka, marka laga tago xaalada caafimaadka ee daran moojee.
- Hadii aanad lahayn bixiye, waxa aad la hadashaa 2-1-1 si markaa laguu xidhiidhiyo xarun caafimaad oo aagaaga ah.
- Dadka qaba xanuunka fudud waxa lagu dawayn karaa calaamadahooda guriga: nasasho badan qaado, waxa aad cabtaa cabitaan badan, oo waxa aad qaadataa dawooyinka xumada yareeya hadii loo baahdo.

Goorta ay tahay inaad dhakhso u doonato daryeelka caafimaadka:

Hadii aad neefsan kari waydo, laabtu ku xanuunto, jaahwareergto, ama uu isbadalo midabka dabnahaaga, ciridkaaga, wajigaaga, indhahaaga, ama cidiyahaagu, waxa aad markaba doonataa daryeelka caafimaad. Marka aad usoo hadlayso daryeelka caafimaad, waxa aad u sheegtaa bixiyaha ama 911 inaad guriga ku dhax xidhan tahay maadaama oo aad isku dhawaateen qof lagea halay COVID-19.

**Farqiga u dhaxeeyaa takoorka iyo meel ku xidhnaansho**

	Inuu qofku naftiisa takooro	Inuu qofku meel isku soo xidho
Yaa loogu talo galay?	<p>Dadka qaba xanuunka COVID-19</p> <ul style="list-style-type: none"> <li>• Dadka qaba COVID-19 ee markaa aad xanuunkoodu gaadhsiisnayn in isbitaal ay tagaan, ama</li> <li>• Dadka sugaya natijada shaybaadhkoodii</li> </ul>	<p>Dadka aan lahayn calaamado COVID19</p> <ul style="list-style-type: none"> <li>• Qofka u dhawaaday qof qaba COVID19</li> </ul>
Mudo intee le'eg?	<p>Ilaa inta aad ka ladnaanayso, taas oo dhacma markaa sadexduba dhacaan:</p> <ol style="list-style-type: none"> <li>1. Waxaa kasoo gudubtay sadex maalmood oo aanad isku arag xumad adiga oo aan markaa isticmaalin dawada xumada lagu yareeyo, iyo</li> <li>2. Calaamadihi kale waad ka ladnaatay, iyo</li> <li>3. Ugu yaraan todoba maalmood kasoo gudbay markii ay calaamaduhu kaa soo ifbaxeen.</li> </ol>	14 maalmood ayaa kasoo gudbay taariikhda aad qofka u dhawaatay. Maalinta aad qofka u dhawaataa waa Maalinta 0.
Maxay ka dhigan tahay?	Waxa aad joogtaa qol gaar ah gurigaaga, oo waxa aad isticmaashaa suuli gaar ah, waxa aad iska ilaalisaa inaad dadka kale isasoo gaadhaan.	Waxa aad joogtaa guriga 24/7, waxa aad la socotaa calaamadaha, oo waxa aad ka fogaaataa dadka. Hadii ay macquul tahay, waxa aad isticmaashaa qol iyo suuli gaar

		ah. Hadii aad isku aragto calaamadaha, waa in dadka aad isasoo gaadheen ay sidoo kale meel isku soo xiraan.
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Wixii macluumaad dheeraad ah waxaa laga heli karaa websaytka: [www.healthvermont.gov/COVID-19](http://www.healthvermont.gov/COVID-19)

## **What to do if you are a close contact of someone who is diagnosed with COVID-19**

This information is for people who were in close contact with someone who has COVID-19. Close contact means being closer than six feet apart for a long time while the person was infectious, which starts two days before any symptoms began and continues until they are recovered. Close contact does not mean being more than six feet away in the same indoor environment for a long time, walking by, or briefly being in the same room. If you are a health care worker, see the guidance [COVID-19: What to do if you are a health care worker](#).

Examples of close contacts	Examples of NOT close contacts
You live in the same home	You were their cashier at the grocery store
You are intimate partners	You are a pharmacist who gave the person medication
You rode in the same car while the person was infectious	You were in front of the person in line at the store
You had dinner together while the person was infectious	You're a coworker who briefly walked by to ask a question

### **Stay at home and watch for symptoms for 14 days:**

- Day 0 is the day you were last in contact with the person.
- Watch for fever, cough and shortness of breath, even if the symptoms are mild.
- Don't leave home, except to get medical care.
- Call ahead before visiting a health care provider or emergency department.
- If possible, stay in a specific room in your home and use a separate bathroom.
- Stay at least six feet away from others in your home at all times. Don't share household items.
- Stay connected with others – use technology to communicate with friends and family.

### **Daily cleaning and washing:**

- Clean and disinfect surfaces in your home. If you are staying in a separate room and using a separate bathroom, clean them yourself. Have someone else clean the other areas of the home.
- Thoroughly wash household items, like utensils, after using.
- Wash your hands often with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

### If at any point you develop a cough, fever or shortness of breath:

- Contact your health care provider by phone to find out if you should be evaluated. Let them know you are quarantining at home for novel coronavirus because you are a close contact of someone who is diagnosed with COVID-19.
- Don't go to the hospital, except in a life-threatening situation.
- If you don't have a provider, call 2-1-1 to be connected to a clinic in your area.
- People with mild illness can treat their symptoms at home: get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.

### When to get medical care immediately:

If you have trouble breathing, chest pain, confusion, or changes in color on your lips, gums, face, around the eyes, or nails, seek medical care immediately. When you call for medical care, tell the provider or 911 that you are quarantining at home because you are a close contact of someone with COVID-19.

### Difference between isolation and quarantine

	Self-isolation	Self-quarantine
For whom?	People with symptoms of COVID-19 <ul style="list-style-type: none"><li>• For people with COVID-19 who aren't sick enough to be hospitalized, or</li><li>• For people who are waiting for test results</li></ul>	People with no symptoms of COVID19 <ul style="list-style-type: none"><li>• Close contacts of people with COVID19</li></ul>
For how long?	Until recovery, which happens when all three have happened: <ol style="list-style-type: none"><li>1. It's been three full days of no fever without the use of fever-reducing medication, and</li><li>2. Other symptoms have improved, and</li><li>3. At least seven days have passed since your symptoms first appeared.</li></ol>	For 14 days since the date of possible exposure. The day of the exposure is Day 0.
What does it mean?	Staying in a separate room in the house, using a separate bathroom, avoiding contact with others.	Staying home 24/7, monitoring for symptoms, and practicing social distancing. If possible, using a separate room and bathroom. If you become symptomatic, your close contacts should also self-quarantine.

More information is available on our website: [www.healthvermont.gov/COVID19](http://www.healthvermont.gov/COVID19)